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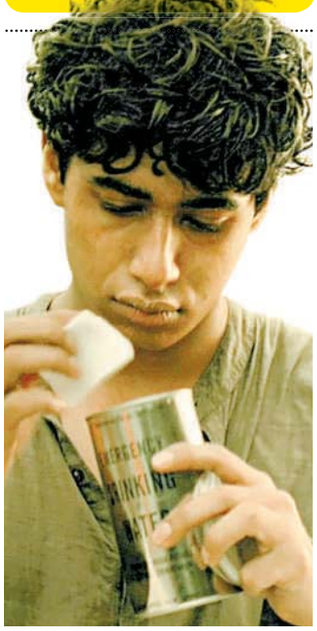
NOVEMBER 20, 2012 | A PUBLICATION OF The Washington Post | NEWS, ENTERTAINMENT, ARTS, LIFESTYLES | FREE DAILY

Tuesday



OCEAN ADVENTURE

In 'Life of Pi,' 3-D enhances the feeling of being lost at sea 25

KINDRED SPIRITS

Apes, like humans, suffer through midlife crises, research finds 3

DEADLY ASSAULT

Teen suspected in Woodley Park attack is charged with murder 11

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BIG TEN BOUND

Beset by budget woes, UMd. ditches ACC for a more lucrative deal 13

AFP/GETTY IMAGES

eo

eye openers

MEMORIES

Moms Rush to Gather Funds

The woodsy, moss-covered 18th-century mill — made famous for being in the backdrop of Bryan Adams' 1991 "(Everything I Do) I Do It For You" music video — is up for sale. U.K. website Orange News reported Monday that fans of the Silk Mill in Somerset, and the 1.3 acres of forest surrounding it, can purchase it for $95,460. Real-estate agents for the mill say they've been "inundated" with inquiries. (EXPRESS)

CONSUMERISM

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AWESOME IDEAS

'Eat, Pray, Love' AGAIN?

Unsure of which book to read next? Two men in Toronto have solved that problem. NPR reported Sunday that Stephen Fowler, owner of the Monkey's Paw used-book store, and Craig Small, who runs an animation studio, created the "Biblio-Mat," a vending machine that pops out a book when people put a coin in it. Fowler said he isn't making money off the Biblio-Mat but that it's a great way to entertain customers. (EXPRESS)

The Big Picture

EAMONN MCCORMACK/GETTY IMAGES

HEY, MISTER. CAN YOU SPARE A SHILLING? The star of a U.K. Christmas advertising campaign is spotted Friday in London. The snowman, which has appeared in commercials valiantly searching for the perfect present to give to his beloved snowwoman, is "popping up" in unexpected locations in major U.K. cities. Passersby are being asked to share their snowman pictures using the hashtag #snowmanjourney.

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Yes, Even Chimps Can Have a Midlife Crisis

Discontent as we age may have link to evolution, study says

New York

Chimpanzees going through a midlife crisis? It sounds like a setup for a joke. But there it is, in the title of a report published Monday in a scientific journal: "Evidence for a midlife crisis in great apes."

So what do these apes do? Buy red Ferraris? Leave their mates for some cute young bonobos?

Uh, no.

"I believe no ape has ever purchased a sports car," said Andrew Oswald, an author of the study. But researchers report that captive chimps and orangutans do show the same low ebb in emotional well-being at midlife that some studies find in people.

That suggests the human tendency toward midlife discontent may have been passed on through evolution, rather than resulting simply from the hassles of modern life, said Oswald, a professor of economics at the University of Warwick in England who presented his work Monday in the Proceedings of the National Academy of Sciences.

SCOTT OLSON/GETTY IMAGES

A study released Monday suggests that captive chimps and orangutans, like the one above, exude the same low emotional well-being at midlife that people exhibit.

Several studies have concluded that happiness in human adults tends to follow a certain course between ages 20 and 70: It starts high and declines over the years to reach a low point in the late 40s, then turns around and rises to another peak at 70. On a graph, that's a U-shaped pattern.

"This is one of the great patterns of human life. We're all going to slide along this U for good or ill," he said. "So what explains it?"

When he learned that others had been measuring well-being in apes, "it just seemed worth pursuing the hunch that the U might be more general than in humans," he said.

Oswald and his co-authors found that their survey results produced that familiar U-shaped curve.

"We find it for these creatures that don't have a mortgage and don't have to go to work and don't have marriage and all the other stuff," Oswald said. "It's as though the U shape is deep in the biology of humans" rather than a result of uniquely human experiences.

MALCOLM RITTER (AP)

What's the Benefit?

One of the authors of the midlife crisis study said it's not clear what the evolutionary payoff might be from such discontent found in apes and humans. Maybe it prods parents to be restless, "to help find new worlds for the next generation to breed," Andrew Oswald said. Frans de Waal, an authority in primate behavior at Emory University, called the study's results "intuitively correct" and said the notion of biological influence over the human pattern is "an intriguing possibility." **(AP)**

A Twinkie of Hope: Twinkies will live to see another day. Hostess Brands Inc. and its second-largest union agreed Monday to go into mediation to try to resolve their differences after a bankruptcy court judge noted that the parties hadn't gone through the critical step. Hostess said Friday that due to strikes, it was going out of business. The mediation talks are expected to begin Tuesday, with the liquidation hearing set to resume Wednesday. (AP)

In Brief

INDIANAPOLIS

Ind. Home Explosion Now Homicide Investigation

Authorities said Monday that they have launched a criminal homicide investigation into the house explosion that killed two people and damaged numerous homes in an Indianapolis neighborhood Nov. 10. Officials were looking for a white van that was seen near the blast. (AP)

WASHINGTON

House Republicans: Rice Unfit to Head State Dept.

Rice

A group of 97 House Republicans sent President Barack Obama a letter on Monday, stating that U.N. Ambassador Susan Rice misled the nation about the attack on the U.S. consulate in Libya, making her an unfit candidate to succeed Secretary of State Hillary Clinton. (AP)

WASHINGTON

New Push for Most in U.S. To Get At Least 1 HIV Test

Americans ages 15 to 64 should get an HIV test at least once — not just people considered at high risk for the virus, according to a proposal made Monday by the U.S. Preventive Services Task Force, an independent panel that sets screening guidelines. (AP)

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Nation

Source: Broadwell Has Regrets

Petraeus biographer tells friends fallout from affair upsetting

Washington

Paula Broadwell is telling friends she is devastated by the fallout from her extramarital affair with retired Gen. David Petraeus, which led to his resignation as head of the CIA.

A person close to Broadwell said Sunday she deeply regrets the damage that's been done to her family and everyone else's, and she is trying to repair that and move forward.

The person spoke on condition of anonymity because he was not authorized to speak publicly.

While Petraeus has given one interview and communicated his regret over the affair through friends and associates, this is one of the first messages to the public from Broadwell.

Back From Washington

A group of friends and neighbors welcomed Paula Broadwell, her husband, Scott, and their young sons back to their home in Charlotte, N.C., after Broadwell spent more than a week being hounded by media while staying at her brother's home in Washington. A person speaking on condition of anonymity said Broadwell was overwhelmed by the outpouring of support from her neighbors. (AP)

Broadwell is still being investigated by the FBI over classified documents found on her laptop and in her home, which investigators believe the author gathered while researching her biography of Petraeus in Afghanistan.

Investigators say many of the documents are old and may no longer be classified despite their labels and say Broadwell told them she did not get them from Petraeus.

The FBI found no reason to further investigate Petraeus, but the CIA is investigating whether the former director behaved inappropriately, such as possibly using agency resources to further the affair.

The FBI stumbled onto their relationship after tracking anonymous emails Broadwell allegedly sent to Tampa socialite Jill Kelley, warning Kelley to stay away from Petraeus and Afghanistan war commander Gen. John Allen.

The scandal widened when the Pentagon said it was looking into correspondence between Allen and Kelley, and Allen's nomination to lead the U.S. European Command is on hold. KIMBERLY DOZIER (AP)

Homebuilder Confidence Rises

Los Angeles

Confidence among U.S. homebuilders rose this month to its highest level in six and a half years, driven by strong demand for newly built homes and growing optimism that the housing recovery will strengthen next year.

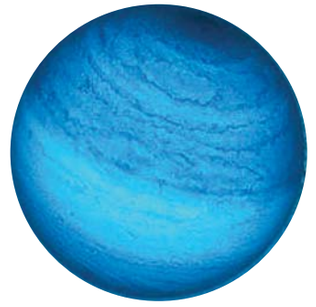
The National Association of Home Builders/Wells Fargo builder sentiment index released Monday increased to 46, up from 41 in October. That's the highest reading since May 2006, just before the housing bubble burst. In January 2008, the index sank to 8, its lowest point dating back to 1985.

Builders' confidence has improved this year as the housing market has shown signs of a sustained turnaround.

Homebuilders also requested the most building permits in four years, an indication that many are confident that gains in home sales will endure. (AP)

Meanwhile ...

U.S. stocks had their best day since the election. Market-watchers are citing optimism about a deal to avoid the so-called fiscal cliff of tax increases and government spending cuts being possible. The Dow Jones industrial average surged 207 points to close at 12,795. The Standard & Poor's 500 index gained 26 to 1,386. And the Nasdaq composite index rose 62 points to 2,916. (AP)



FINDINGS

Lonely Planet

Astronomers have found a new lonely planet, untethered to any star and the closest to Earth yet, according to a report in the December issue of Astronomy and Astrophysics. The discovery provides a look into the class of "substellar objects," which number in the billions in our galaxy. (THE WASHINGTON POST)

$26B **The amount** five of the nation's biggest banks gave to more than 300,000 homeowners from March 1 to Sept. 30 as part of a settlement over foreclosure abuses, according to numbers released Monday. (THE WASHINGTON POST)

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World

In Brief

KABUL, AFGHANISTAN

Karzai Orders Handover Of American-Run Prison

Karzai

Afghan President Hamid Karzai is ordering the "full Afghanization" of the U.S.-run prison at Bagram Air Base, saying U.S. forces are continuing to detain Afghans despite an agreement in March to transfer all prisoners to Afghan officials. No time frame for the takeover was mentioned in the statement tweeted late Sunday. (THE WASHINGTON POST)

WELLINGTON, NEW ZEALAND

Up to 27 'Hobbit' Animals Have Died, Handlers Say

Animal wranglers involved in the making of "The Hobbit" movie trilogy say the production company is responsible for the deaths of up to 27 animals, largely because they were kept at a farm filled with bluffs, sinkholes and other "death traps." The American Humane Association, which is overseeing animal welfare on the films, says no animals were harmed during the actual filming. (AP)

AFP/GETTY IMAGES

At left, a family finds shelter inside a concrete pipe in Nitzan, Israel, on Monday after air-raid sirens blared. At right, a building hit by an Israeli airstrike smolders in Gaza City.

Gaza Conflict Deepens

Ground war or truce? Israel mulls next step as death toll tops 100

Tel Aviv, Israel

The death toll from Israel's military operation in the Gaza Strip surpassed 100 on Monday with no evidence that an Egyptian-brokered truce is in sight, leaving Israeli leaders to weigh next steps in the six-day-old conflict.

Some analysts said Israel faced an increasingly stark choice between deploying ground troops in an effort to further weaken the capabilities of rocket-lobbing militants and settling into what would almost certainly be a fragile truce with Hamas, which runs Gaza.

While negotiators in Cairo sought Monday to find common ground, neither Israel nor Hamas appeared ready to give way, and each articulated war aims that the other appeared unlikely to accept.

The cross-border fire continued, though Israeli officials said the aim and reach of rockets fired toward Israel on Monday suggested that the Israeli bombardment had degraded the militants' arsenal.

"Israel ... is running out of targets," said retired Israeli Maj. Gen. Dan Harel.

Hamas chief Khaled Meshal shrugged off suggestions that the group was being weakened, saying that the morale of fighters in Gaza is "sky high."

"All options are possible. The outcome depends on Israel," he said.

ERNESTO LONDONO AND MICHAEL BIRNBAUM (THE WASHINGTON POST)

Meanwhile ...

The Obama administration worked hard behind the scenes Monday to end almost a week of warfare between Israel and Hamas, pressing allies to persuade Palestinian militants to cease firing rockets into the Jewish state. President Barack Obama called Egyptian President Mohammad Morsi and Israeli Prime Minister Benjamin Netanyahu to discuss ways to halt the violence. (AP)

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World

JEWEL SAMAD/AFP/GETTY IMAGES

President Barack Obama meets Aung San Suu Kyi in Yangon, Myanmar, on Monday.

2 Historic Visits Cap Obama's Asia Tour

President cheers on Myanmar but stays distant in Cambodia

Phnom Penh, Cambodia

Making history twice within hours, President Barack Obama on Monday became the first U.S. president to set foot in Cambodia, a country once known for its Khmer Rouge "killing fields." He left behind flag-waving crowds on the streets of Myanmar, the once internationally shunned nation now showing democratic promise.

Unlike the visit to Myanmar, the White House made clear that Obama is only in Cambodia to attend an East Asia Summit and said the visit should not be seen as an endorsement of Prime Minister Hun Sen and his government.

Obama's meeting with Hun Sen was described by U.S. officials as a tense encounter dominated by Cambodia's human rights record.

Earlier, Obama celebrated what he was witnessing in Myanmar — a nation shedding years of military rule and a relationship between two nations changing fast.

"You gave us hope," said Obama, the first U.S. president to visit the country. He also met with opposition leader Aung San Suu Kyi, whom he lauded as an inspiration. Suu Kyi spent most of the past 20 years under house arrest. (AP)

Note the Name

The U.S. still officially refers to the country as Burma, though the country's leaders renamed it Myanmar about 20 years ago. Some still aren't ready to accept that, including activist Aung San Suu Kyi. But President Barack Obama on Monday said "Myanmar," a first. It's perhaps an issue of confidence: The more confident Obama is in the government's evolution from a dictatorship to a democracy, the more reason he has to grant the concession of using Myanmar. (THE WASHINGTON POST)

Catch You Later

Forty-eight fishing countries on Monday voted to uphold strict limits on catching Atlantic bluefin tuna, overruling critics who say that the popular sushi ingredient is on the rebound. Bluefin fell catastrophically thanks to overfishing and lax quotas, dropping 60 percent between 1997 and 2007. The bloc decided the population still needs time to rebuild. (AP)

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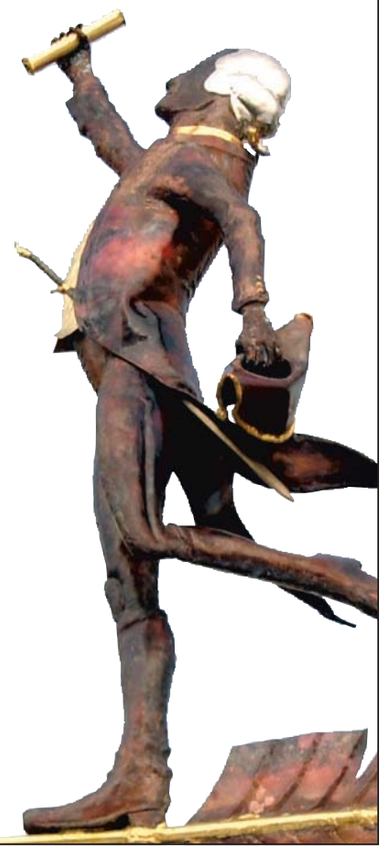

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Metro Finds Bedbugs at D.C. Headquarters

Washington

Metro is working to exterminate bedbugs that have been discovered at its headquarters in downtown Washington.

The Washington Examiner reported that exterminators were brought in after bedbugs were found in an area that houses information technology offices.

Metro spokesman Dan Stessel said the area was treated over the Veterans Day weekend.

The National Pest Management Association says bedbugs have started to move from homes and hotel rooms into offices. (AP)

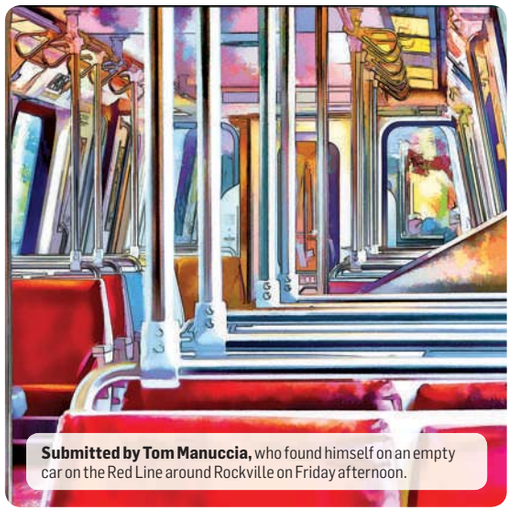
Alexandria to Study 3 Sites For Metro Stop

Alexandria

Alexandria is studying the visual impacts of building a new Metrorail station in the Potomac Yard area with balloon tests at proposed sites over the next several weeks.

The city said Monday that it will conduct balloon testing at three possible sites for a Potomac Yard Metro station.

During the tests, the city says special balloons will be used at each site for photographs and video images. The city says motorists are not allowed to stop along the George Washington Memorial Parkway to watch. (AP)



Submitted by Tom Manuccia, who found himself on an empty car on the Red Line around Rockville on Friday afternoon.

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SCHEDULE

Holiday Plans

Metro is suspending its regular track maintenance over the four-day Thanksgiving weekend. The transit agency says Metrorail will operate on a Sunday schedule on Thanksgiving Day. The rail system will open at 7 a.m. that day and will close at midnight. Parking will be free. Metrobus also will operate on a Sunday schedule Thanksgiving Day. On Friday, Metrorail and Metrobus will operate on a regular weekday schedule. (AP)

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Local

In Brief

RICHMOND

McDonnell: Va.'s Budget Picture Clouded by Feds

McDonnell

Gov. Bob McDonnell says this year's state budget picture is even more uncertain than usual. The governor is putting together his proposed amendments to the two-year budget for the General Assembly to consider when the 2013 session convenes in January. Virginia's economic prospects are closely tied to whatever happens between President Barack Obama and leaders in Congress, who are in talks to avoid a "fiscal cliff" on Jan. 1. (AP)

UPPER MARLBORO, MD.

Pr. George's May Make Recycling Mandatory

Prince George's County officials may institute mandatory recycling if the county doesn't hit self-imposed goals to improve recycling rates. The Washington Examiner reported that a plan going before the County Council on Tuesday would set goals for a countywide recycling rate of 45 percent by 2015, 55 percent by 2018 and 60 percent by 2020. (AP)

WASHINGTON

Turkeys Set for Pardon

Two Virginia-raised turkeys are heading to Washington for an annual Thanksgiving tradition. The Rockingham County toms were scheduled to leave Monday for Washington where President Barack Obama will pardon one of the two on Wednesday. Two birds are sent to the White House in the event one falls ill during the trip. A motorcade will deliver the two birds; then they'll be retired at Mount Vernon. (AP)

Murder Charge in Woodley Case

17-year-old charged as an adult in fatal stabbing in station

Washington

A 17-year-old from District Heights has been charged as an adult with murder in the deadly weekend stabbing of a young Maryland man during a fight in a District Metro station, authorities said.

Chavez Tyrek Myers was originally charged as a juvenile in connection with the death of Olijawan Griffin, 18, of Olney, Md. On Monday, authorities said Myers had been charged as an adult with second-degree murder and assault with a deadly weapon after they said he snuck up behind Griffin with a knife as he fought another teen.

MARVIN JOSEPH/TWP

Eve Smith, 17, of Kensington, Md., creates a makeshift memorial Sunday for Olijawan Griffin, 18, who was fatally stabbed Saturday in the Woodley Park Metro station.

Eight others still face juvenile criminal charges in connection with the case. One was charged with aggravated assault and robbery, while the rest were charged with aggravated assault, police said.

Griffin was killed early Saturday inside Metro's Woodley Park station.

In court documents made public Monday, police said Griffin went into an Adams Morgan alley to buy marijuana from a group of young men shortly after midnight Saturday; when he returned, he said the group attacked and robbed him at gunpoint.

Griffin and two other people walked to the Metro station to head home, according to the court documents, finding the group that had robbed him on the platform.

According to the court documents, a police officer watched Metro security footage that shows what happened next:

While Griffin engaged one teen in a boxing-style fistfight, Myers, police said, snuck up behind him with a knife, stabbed him in the chest and ran away.

PETER HERMANN (THE WASHINGTON POST)

Caution Urged on Express Lanes

Springfield, Va.

Virginia State Police are urging caution for drivers as several accidents have already been reported since the opening of new express lanes on the Capital Beltway.

Monday morning was the first rush-hour commute for the new 495 Express Lanes.

The 14-mile section runs from the Springfield Interchange to just north of the Dulles Toll Road.

State Police said that as of Monday afternoon, there had been six crashes since the lanes debuted Saturday.

All occurred at the same northbound entrance near Braddock Road.

TRACY A. WOODWARD/TWP

There have been at least six crashes since the express lanes debuted.

Tolls on the express lanes will vary based on the amount of traffic. The average toll is expected to be between $3 and $6. Drivers must use an E-Z Pass to use the lanes. Carpools of three or more people are exempt from the tolls. (AP)

The Lotteries

Monday, Nov. 19

District

Mid-day Lucky Numbers	0-7-2
Evening Lucky Numbers (Sun.)	7-0-3
Mid-day DC 4	1-7-9-3
Evening DC 4 (Sun.)	6-3-1-8
Mid-day D.C. Five	8-2-0-8-4
Evening D.C. Five (Sun.)	9-4-9-1-7

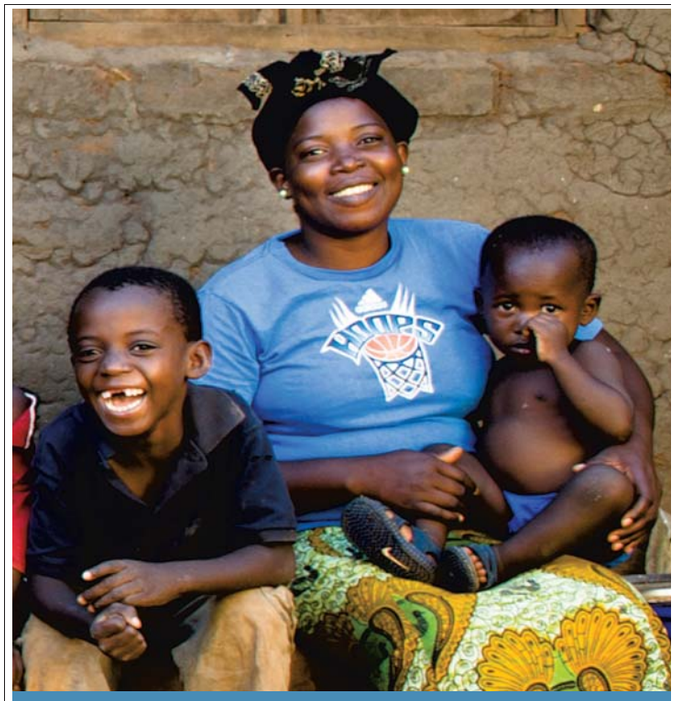
Virginia

Mid-day Pick 3	8-9-7
Evening Pick 3 (Sun.)	1-6-4
Mid-day Pick 4	2-8-1-5
Evening Pick 4 (Sun.)	3-5-8-7
Mid-day Cash 5 (Sun.)	4-6-13-25-33
Evening Cash 5 (Sun.)	4-15-19-22-

Maryland

Mid-day Pick 3	0-1-0
Evening Pick 3 (Sun.)	8-8-1
Mid-day Pick 4	8-3-1-2
Evening Pick 4 (Sun.)	6-7-8-1
Match 5 (Sun.)	3-5-6-30-36 (21)

All winning numbers are official only when validated at a claims location. Drawings that occur after Express' deadline will be published two days later.



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STREETER LECKA/GETTY IMAGES

Maryland will join Illinois, Michigan, Michigan State, Nebraska, Ohio State and Penn State, among others, in the Big Ten — and leave behind its old ACC rivalry with Duke.

When it comes to football attendance, Big Ten schools ranked Nos. 1, 2 and 3 in game-day crowds in 2011, according to NCAA figures. Michigan led all schools, drawing 112,179 per game, followed by Ohio State (105,231) and Penn State (101,427). No ACC school averaged more than 78,234 (Clemson). Maryland drew 42,355. While such Big Ten figures could never be replicated at 54,000-seat Byrd, it's a measure of the fervor with which Big Ten fans follow their teams. (TWP)

Terps Snap Up Big Ten's Big Money

Opportunities for growth persuade cash-strapped Maryland to exit ACC

New York

Choosing to look toward the future rather than honor the past, Maryland joined the Big Ten on Monday, bolting from the Atlantic Coast Conference in a move driven by the school's budget woes.

Maryland was a charter member of the ACC, which was founded in 1953. Tradition and history, however, were not as important to school President Wallace Loh as the opportunity to be linked with the prosperous Big Ten.

"By being a member of the Big Ten Conference, we are able to ensure financial stability for Maryland athletics for decades to come," Loh said at a news conference with Big Ten Commissioner Jim Delany and Athletic Director Kevin Anderson.

Loh and other school officials decided that the potential money to be made in the Big Ten was more significant than the $50 million exit fee and the tradition associated with being in the ACC for 59 years.

"I am very aware that for many of our Terps fans and alumni, their reaction is stunned and disappointed," Loh said. "But we will always cherish the memories, the rivalries, the tradition of the ACC."

Maryland eliminated seven sports programs earlier this year, and Loh said the shift to the Big Ten could provide enough of a windfall to restore some of those sports.

Delany said Maryland's entry was approved unanimously by the conference's 12 presidents.

"Quite honestly, they were giddy," Delany said. "Maybe some people Fear the Turtle. We embrace the Turtle."

Maryland will become the southernmost member of the Big Ten starting in July 2014.

Rutgers is expected follow suit by Tuesday, splitting from the Big East to put 14 schools in the Big Ten.

Delany said demographics were a huge part of the decision: The population is not growing as fast in the Big Ten's current Midwestern footprint as it is in other areas of the U.S., and it has hampered the Big Ten's ability to recruit.

Maryland also gives the Big Ten a presence in the major media market of Washington. But the move was not entirely based on athletics: As a Big Ten school, Maryland will be able to join the Committee on Institutional Cooperation, a consortium of world-class research institutions.

However, the move should come with long-term financial gain. The Big Ten reportedly paid its members $24.6 million in shared television and media rights revenues this year. DAVID GINSBURG (AP)

The Fallout

WHAT WILL MARYLAND'S MOVE COST THE SCHOOL?

There will be some financial matters for Maryland resolve. After the ACC added Notre Dame as a member in all sports but football and hockey in September, the league voted to raise the exit fee to $50 million. Maryland was one of two schools that voted against the increased exit fee.

WHAT DOES THE EXIT MEAN FOR THE ACC?

With Maryland's departure, the ACC could be in the market for another member and it may look to the Big East yet again. Connecticut would seem a perfect fit after Pitt and Syracuse join next season. And whether Maryland's departure spurs other ACC schools — such as Florida State — to eye a new home remains to be seen.

WHAT ABOUT THE BIGGER PICTURE?

The question now is whether Maryland's move sparks more realignment. The Big 12 has indicated it is comfortable with its 10 members, including newcomers West Virginia and Texas Christian, but there has been some sentiment to someday go back to 12 — at least. The Southeastern Conference reached 14 this season with the additions of Texas A&M and Missouri. (AP)

Reaction

"What hath college football wrought? If a team cannot win, and win big, it needs to be in a conference whose other teams can win, and win big."

— POST COLUMNIST **TRACEE HAMILTON,** ON MARYLAND'S EXIT FROM THE ACC. READ MORE ONLINE AT WASHINGTONPOST.COM.

"If you want to be successful in basketball and football, that takes certain finances. ... We shouldn't feel bad about doing what other schools have done."

— FORMER MARYLAND BASKETBALL COACH **GARY WILLIAMS** ON MARYLAND'S MOVE

"Anything that's driven solely by dollars, it'll turn out badly."

— FORMER MARYLAND BASKETBALL GREAT AND CURRENT ESPN ANALYST **LEN ELMORE,** SPEAKING OUT AGAINST HIS ALMA MATER'S TALKS WITH THE BIG TEN CONFERENCE

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One And Done

BILL WIPPERT/AP

The Redskins' Brandon Meriweather, who tore the ACL in his right knee in Sunday's game — his first game this season — faces a recovery period of approximately six months.

In his debut, safety plays 1 half before tearing right ACL

The Redskins

He was all over the field making plays for the Washington Redskins, and his name isn't Robert Griffin III. Now, after one game, Brandon Meriweather's season is done.

The safety tore the ACL in his right knee in Sunday's game, his first of the season — and right after his left knee had finally healed. An MRI on Monday revealed the season-ending injury, a day after Meriweather played just long enough to give a tantalizing taste of what he could do to help one of the worst pass defenses in the NFL.

"I think he brought a spark to the whole team," defensive end Stephen Bowen said.

Meriweather went down without contact, his knee buckling as he was pursuing a running play early in the third quarter of Sunday's 31-6 victory over the Philadelphia Eagles. He had one interception, broke up two passes and had seven tackles despite playing a little more than half of the game.

"He played great," coach Mike Shanahan said. "You can't ask a guy to play any better than he played."

A two-time Pro Bowl player signed as a free agent in March, Meriweather sprained two ligaments in his left knee in a preseason game against the Chicago Bears, then reinjured the knee during a practice in the week before the regular season opener. He was ready to return for the Week 4 game against the Tampa Bay Buccaneers, but he reinjured the knee again when he collided with teammate Aldrick Robinson during pregame warmups.

Then, having watched the secondary struggle through the first nine games of the season, he finally suited up on Sunday. While the opponent wasn't exactly top-of-the-line — the Eagles (3-7) dropped their sixth straight and had rookie quarterback Nick Foles making his first NFL start — Meriweather helped the Redskins (4-6) break a three-game losing streak while forcing three turnovers and allowing 257 yards, a season low for a Washington opponent.

"He brought a lot of energy," cornerback DeAngelo Hall said. "He brought a lot of intensity, seeing things a little differently than somebody else might have. I loved it. ... He was definitely a play-maker. You could tell he was out there on the field."

> **"I want to start off by saying I'm sorry to all the [Redskins fans]. Y'all are the best. But this was a bad season for me."**
>
> — **BRANDON MERIWEATHER,** REDSKINS SAFETY WHOSE SEASON ENDED WITH AN ACL TEAR IN SUNDAY'S 31-6 WIN OVER THE EAGLES.

Shanahan noted that Meriweather, 28, didn't have a significant injury history before arriving in Washington.

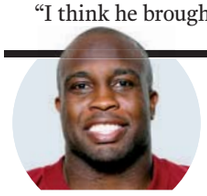
"This is just a couple of freak situations," Shanahan said, "so hopefully he can take care of that and be back next year ready to go."

The Redskins began the season envisioning a starting safety tandem of Meriweather and Tanard Jackson, but Jackson was suspended for the season after failing a drug test. Madieu Williams has started every game, while DeJon Gomes and Reed Doughty have tried to hold down the other spot. Washington was ranked 29th against the pass through Sunday's games.

"I want to start off by saying I'm sorry to all the [Redskins fans]. Y'all are the best," Meriweather posted on Twitter shortly after receiving the diagnosis. "But this was a bad season for me." JOSEPH WHITE (AP)

Short Week

Coach Mike Shanahan said he told his Washington Redskins players to enjoy their triumph Sunday over the Philadelphia Eagles for roughly 12 to 14 hours before they turn their attention to Thursday's game in Dallas. "Our football players know that everything is going to be pretty hectic," Shanahan said. "We've got a lot to get done in a short amount of time. But after that game is over with, you've got about an extra three or four days recovery time, which is always great. ... We know what's out there and what we've got to get done. ... They [the players] understand what a tough week it will be, but what an important week it will be as well." The third-place Redskins (4-6) are a game behind the second-place Cowboys (5-5) in the NFC East. "It always feels good to get a win against anybody. But we can't harp on it too long," Redskins left tackle Trent Williams said. (THE WASHINGTON POST)



Fletcher's Status Unclear: Linebacker London Fletcher's playing status for the Washington Redskins' game Thursday at Dallas is uncertain because of a sprained ankle, coach Mike Shanahan said Monday. Fletcher hurt his left ankle early in Sunday's win. Fletcher was wearing a protective boot Monday and would not have practiced if the Redskins would have held one. Fletcher has played in 234 consecutive games. (TWP)

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Nats Nearing Rule 5 Deadline

Team has decisions to make on Flores, Lannan for roster

The Nationals

The latest deadline in baseball's offseason will come at 11:59 p.m. Tuesday. By that time, teams must set their 40-man rosters in anticipation of the Rule 5 draft, which will take place Dec. 6, the final day of the winter meetings in Nashville. For the Nationals, the seemingly mundane transactions could lead to significant decisions regarding long-tenured players.

In regard to protecting their minor leaguers from the Rule 5 draft, the Nationals will have some decisions to make. If there are any negative consequences from their recent fruitful drafts under general manager Mike Rizzo, it's that the Nationals will be forced to possibly cut ties with decent prospects because they don't have roster space to keep them all.

Right now, without a clear-cut first baseman or fifth starter, the Nationals have 36 players on their 40-man roster. The crunch means the Nationals may consider making extra room on their 40-man roster, and it could include releasing or trying to trade starting pitcher John Lannan and/or catcher Jesus Flores.

GREG FIUME/GETTY IMAGES

Other than Ryan Zimmerman, John Lannan has been with the Nationals on the major league level longer than any other player.

Both Lannan and Flores are eligible for arbitration this winter, and the strong sense around baseball is the Nationals will not tender them contracts. If the Nationals plan on non-tendering them anyway, they could simply release them now and create space on the 40-man roster to protect minor leaguers from the Rule 5 draft.

There are two kinds of players eligible for the Rule 5 draft: those who were 18 or younger when they signed and have at least five years of minor league service, and those who were 19 or older when they signed and have at least four years of minor league service. Essentially, this means players drafted out of college in 2009 (or earlier) or high school in 2008 (or earlier) who are not currently on 40-man rosters.

In the Rule 5 draft, teams can select any player from that pool. They must then pay $50,000 and keep that player on their 25-man roster for a full season. If not, they have to return him to the original team.

The Nationals have several players they'll have to at least consider adding to their 40-man roster and protecting. The team's opinion of them will determine how soon they have to make decisions. ADAM KILGORE (THE WASHINGTON POST)

Ravens' Reed Suspended for Safety Violation

Pro Football

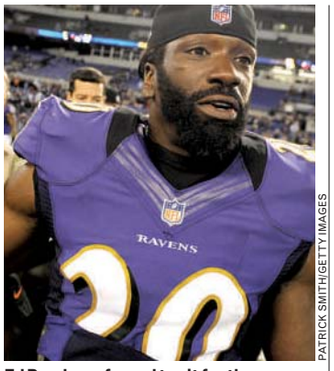
Baltimore Ravens star safety Ed Reed was suspended for one game by the NFL on Monday for repeated hits to the head and neck area of defenseless players.

The 11-year veteran will miss Sunday's game against San Diego.

Reed was suspended for three violations of the player safety rules over the past three seasons. The latest came in Sunday's 13-10 victory over Pittsburgh when he was penalized for unnecessary roughness for a hit to the head of receiver Emmanuel Sanders.

Reed also was penalized Sept. 23 against the Patriots for unnecessary roughness and fined $21,000 for striking Deion Branch when the receiver was defenseless. Before that, Reed hit Saints quarterback Drew Brees on Dec. 19, 2010, and was fined $10,000.

"We cannot tolerate repeated violations of rules, especially rules related to player safety," NFL executive vice president of football operations Ray Anderson said Monday. "We will continue to take the strongest possible action to deter these types of violations and protect our players."



PATRICK SMITH/GETTY IMAGES

Ed Reed was forced to sit for three violations of the player safety rules.

Steelers safety Ryan Clark tweeted: "Tough on Ed getting suspended. I can't say that I agree w that. It was a penalty but I don't believe he was intentionally trying to harm E."

Under the collective bargaining agreement with the players' union, the suspension can be appealed within three days. An expedited hearing and decision would take place this week. (AP)

In Brief

PRO FOOTBALL

Surgery for Gronkowski

No more end-zone spikes for a while from Rob Gronkowski. A person familiar with the process said Monday the New England Patriots tight end expects to be sidelined for four to six weeks after having surgery for a broken left forearm. The Patriots gave no estimate of how long Gronkowski, who hasn't missed a game in his three NFL seasons, might be sidelined. (AP)

PRO BASEBALL

Marlins Finalize Salary Dump to Toronto

The Miami Marlins have finalized their big salary dumping trade that sends All-Star shortstop Jose Reyes to the Toronto Blue Jays with pitchers Mark Buehrle and Josh Johnson, catcher John Buck and outfielder Emilio Bonifacio for seven relatively low-priced players. (AP)

COLLEGE FOOTBALL

Miami Self-Imposes Another Bowl Ban

Miami is self-imposing a postseason ban for the second straight year in response to a lengthy and ongoing NCAA investigation into the school's compliance practices. Miami is hoping to lessen the hit of any looming sanctions that could be handed down by the NCAA. (AP)

TV Lineup

CHAMPIONS LEAGUE (2:30 P.M., FSN)
Scottish squad Celtic travels to Lisbon, Portugal to play Benfica in the next-to-last challenge of Group G.

COLLEGE HOOPS (2:30, 5, 8 P.M.)
The Maui Invitational tourney continues from Hawaii.

TERPS MEN'S HOOPS (8 P.M., CSN)
With some time to spare before heading to the Big 10, the Terps take on Lafayette at Comcast Center.

COLLEGE HOOPS (10 P.M., ESPN)
The championhsip game for the Progressive Legends Classic at Brooklyn's Barclays Center tips off.

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open enrollment

Rise Above Benefits Confusion

Pay attention to new health-care open-enrollment options to avoid costly mistakes E2

The Big Gamble: Insurance plans with high deductibles come with high risks E4

Tough Choices: A health economist facing surgery discovers she chose the wrong health plan E6

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openenrollment

Another Kind of Election

Spend a little time studying your benefit options to save money in the long run

Thank goodness the election is over because there is another election you need to focus on now.

This time of year, your employer gives you an opportunity to make changes to your workplace benefits for next year. Yes, it's open-enrollment season again.

Can I be honest with you?

I've been trifling in the past when it comes to open enrollment. There have been times when I waited until the night before the deadline to review my benefit information. Or life got in the way and I just forgot to review my choices. Usually, I just went with what I already had, which is good. But I could have made some costly mistakes.

By Michelle Singletary

Fifty-six percent of employees estimate they waste up to $750 annually because of their errors during open enrollment, according to a survey conducted for insurance provider Aflac. Participants said they elected the wrong level of coverage or took benefit options they didn't need.

Take heed from the mistakes the Aflac survey found: Sixty-one percent of those polled said they are only sometimes or not at all aware of changes to their insurance policies each year; 89 percent default to the same options every year; and only 16 percent contribute the right amount to flexible spending accounts.

If you can't focus on the dizzying amount of information, I understand. A health survey by Aetna found that workers rank choosing health-care benefits as the second most difficult major life decision behind saving for retirement. Further, survey respondents said that choosing health-care benefits is more difficult than purchasing a car, making decisions about medical treatments, parenting and selecting other forms of insurance.

Why do we dread it so much?

Overwhelmingly, employees said they found decisions on their health-care benefits to be difficult because the information they are given is confusing and complicated, there is conflicting data, and it's hard to determine which plan is the right one for them, according to the Aetna survey.

First — and this may sound obvious — don't treat your open enrollment package like junk mail. Open it. Or go online and read through the materials provided by your employer. You will likely find tools to help you compare health-care costs, insurance plans or other benefits. Even if you aren't planning to make any changes to your choices, look at everything that is being offered. The health-insurance plan that has worked for you in the past may have undergone major changes or service deletions.

You have to do some math. I know. It's a pain. But you may have a Cadillac health-insurance plan when you only need Chevy coverage. Take some time to add up your yearly medical expenses so you can elect the right coverage for your needs.

In the Aflac survey, half of employees said they would feel more informed if they sat down with an insurance consultant during enrollment.

If you're in this group, go to the open enrollment meeting at your place of work.

Here are a few tips from Wendy Shanahan-Richards, co-author of "Navigating Your Health Benefits for Dummies" and national medical director for Aetna:

You may have a Cadillac health-insurance plan when you only need Chevy coverage.

- **Make a list** of your current and future health-care needs. Include prescription medications or any planned surgeries or procedures for the upcoming year.
- **Review any problems** you had with previous benefits plans. This is a good time to learn about coverage you wish you had in the past. One of the reasons I'll probably stick with my current provider is the company added my regular health facility to its list of centers designated to handle urgent-care problems. If my children get sick after-hours, I don't have to drive as far as I've had to in the past.
- **Don't just focus** on the plan premiums. Take note of out-of-pocket expenses such as co-payments, deductibles and any additional charges.
- **Pay attention** to your open enrollment deadlines so you don't have to rush your decisions.

Don't be trifling. Not now. Not when health-care costs are going up and your money is so stretched.

(THE WASHINGTON POST)

$750

The estimated amount of money wasted annually by more than half of all employees because of errors during open enrollment, according to a survey of 2,500 consumers conducted for insurance provider Aflac.

- **61 percent of those polled said they are only sometimes or not at all aware of changes to their insurance policies each year.**
- **89 percent default to the same options every year.**
- **Only 16 percent contribute the correct amount to flexible spending accounts.** (TWP)

ZACK BLANTON/VETTA/GETTY IMAGES/EXPRESS ILLUSTRATION

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openenrollment

A Health-Care Gamble

Insurance plans with low monthly costs can leave patients open to big expenses

Alison Mitisek was at a pediatrician's office with her 15-month-old son last August when she passed out. The doctor's office staff called an ambulance, which rushed her to a nearby emergency department.

Doctors were not able to determine why Mitisek, a 30-year-old schoolteacher, lost consciousness. Still, the bills for the ambulance and the diagnostic testing and other care came to $5,800. Mitisek's group health plan had a $5,600 annual deductible, on which she and her husband, Mark, had already paid $800. Their share of the $5,800 bill before their insurance kicked in was $4,800.

$2,183

The average cost of emergency-room treatment for a privately insured patient, according to the 2010 Nationwide Emergency Department Sample

In general, the higher a health plan's deductible, the lower the premium. "Taking that gamble is appealing," Mark Mitisek says of the choice to pay lower premiums and hope to avoid needing pricey medical care. "When you lose the gamble and you're stuck with that expense, it makes you think twice."

"People get caught all the time," says Martin Rosen, co-founder of Health Advocate, a company that helps consumers resolve medical billing problems and provides support for health-care decisions. "If you come from a traditional health plan and you paid a flat $100 co-pay for a visit to the emergency room, the assumption is that you're going to pay the same in a high-deductible plan."

In a high-deductible plan, preventive care is typically not subject to the deductible. All other care, including prescription drugs and emergency care, may be.

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During this year's annual enrollment season, more people than ever will have the option to choose a health plan with a deductible that may exceed $1,000. These plans are often also linked to a savings account that offers tax benefits; employers and the employee may contribute to these accounts to help cover medical expenses.

Fifty-nine percent of employers offered so-called account-based health plans this year, up from 53 percent in 2011, according to an annual employer survey conducted by benefits consultant Towers Watson and the National Business Group on Health.

"When people are considering a high-deductible plan, I always say, 'Could you come up with the whole deductible all at one time?'" says Amelia Haviland, an associate professor of health policy and statistics at Carnegie Mellon University. "If it's going to keep you from going to the emergency department when you really need to go, don't choose that plan."

Families that enrolled in a high-deductible health plan spent 14 percent less on care, on average, than families in traditional plans, according to a 2011 Rand study of claims data for 53 large employers that was co-authored by Haviland.

Proponents of high-deductible health plans say that requiring consumers to pay a larger share of their own health-care costs helps reduce spending on unnecessary care. But the Rand study and others have found that when people have to pay more out of pocket for their care, they also skimp on care they need, such as preventive cancer screenings.

The emergency department is one of the most expensive places to receive care, and reducing its overuse is an important goal of high-deductible plans.

"When you lose the gamble and you're stuck with that expense, it makes you think twice."

— **MARK MITISEK,** WHOSE FAMILY CHOSE A HIGH-DEDUCTIBLE PLAN AND ENDED UP WITH A $4,800 MEDICAL BILL

In 2010, the average total charge for a privately insured person who was treated at an emergency department and released was $2,183, according to the 2010 Nationwide Emergency Department Sample.

According to one study, people who had a high-deductible plan through a Massachusetts insurer had 15.7 percent fewer emergency department visits over two years than those enrolled in a traditional plan from the same insurer. The most significant difference was in visits for problems that weren't high in severity.

In the aftermath of the bills from her emergency department visit, Alison Mitisek and her son have switched to a plan with a lower deductible offered through her job. Her family has also worked out a payment plan with the hospital to pay off her bill.

"Like most people, we're living pretty much paycheck to paycheck," Mark Mitisek says. "It doesn't seem like there's a whole lot of benefit to having a high-deductible plan." MICHELLE ANDREWS (THE WASHINGTON POST)

Editor's Note

This column is produced through a collaboration between The Washington Post and Kaiser Health News. KHN, an editorially independent news service, is a program of the Kaiser Family Foundation, a nonpartisan health-care policy organization that is not affiliated with Kaiser Permanente.

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A Maze of Choices

Even a health economist finds the health-care market hard to navigate

"You should never have an HMO," the neurosurgeon's secretary told me on the phone. "You don't have any out-of-network benefits. Dr. Bruce participates with no insurance plans. Only out-of-network benefits can be used." I felt sick — not because of the recently discovered benign tumor in my pituitary gland. Rather, I felt sick with embarrassment. I'm a health economist, with a PhD from Harvard. I'm supposed to be an expert on health insurance. How did I end up in such a bind?

I tried to recover my dignity: "How much does it cost if you pay out of pocket? $20,000?"

"For the surgeon ... But you have to pay for the hospital, too, even if the hospital is in-network."

How could I have forgotten that?

The idea is that informed consumers shopping for health care will lower cost and improve quality. Yet my difficulties show how hard it is to navigate the health-care marketplace.

My problems began in November 2006, during open enrollment for insurance. I had switched from a point-of-service (POS) plan, where you can pick your own doctors and just pay more if they are out of the carrier's network, to a health maintenance organization (HMO).

HMOs are often cheaper: Switching saved me about $500 a month. The downside is that if you go outside the network, you must pay 100 percent of the doctor and hospital cost.

When I switched plans, I had known that I might have a pituitary tumor, which can cause a condition called Cushing's disease, and that neurosurgery was the recommended treatment. Opting for a POS and its out-of-network benefits to give me a free choice of surgeon would have been best.

But I had overlooked that. Ironically, years of careful research on insurance options, were to blame.

For years my husband, Howard, had been on my plan, but when I switched jobs in 2004, we had to redo things. Both his employer and mine offered the exact same options. Two of them had out-of-network benefits, a feature I had always insisted on.

For Howard, who had a lot of health problems and had needed heart valve surgery several years before, we chose a deluxe Aetna plan with out-of-network benefits. Aetna's out-of-network coverage was expensive: The employee contribution for one person would cost $3,700 per year.

My company offered another POS plan from the insurer HIP. The contribution was much lower, $2,450 per year, but its reputation was not as good as Aetna's. I decided to give it a try anyway.

Only a few months later, Howard's employer announced that people in that plan would have to immediately start paying $1,800 more per year and suggested that he switch to Aetna's HMO.

We could save money. Aetna's network contained all the best cardiac surgeons and hospitals. His Aetna experiences had all been easy and in-network.

We did more research, asking friends to identify their preferred specialists and hospitals and then checking to see if they were in Aetna's network.

With one exception, the Aetna HMO network had all the favorites. We decided that Howard would switch to Aetna's HMO.

Two years later, in early 2006, the endocrinologist treating me for diabetes prescribed two fairly new drugs.

HIP had a very long process for approving coverage of the second drug. The review was exhausting. Such reviews are an important way to keep costs down. But with HIP, it was hard for me to reach people and figure out what should be done. I vowed to switch plans.

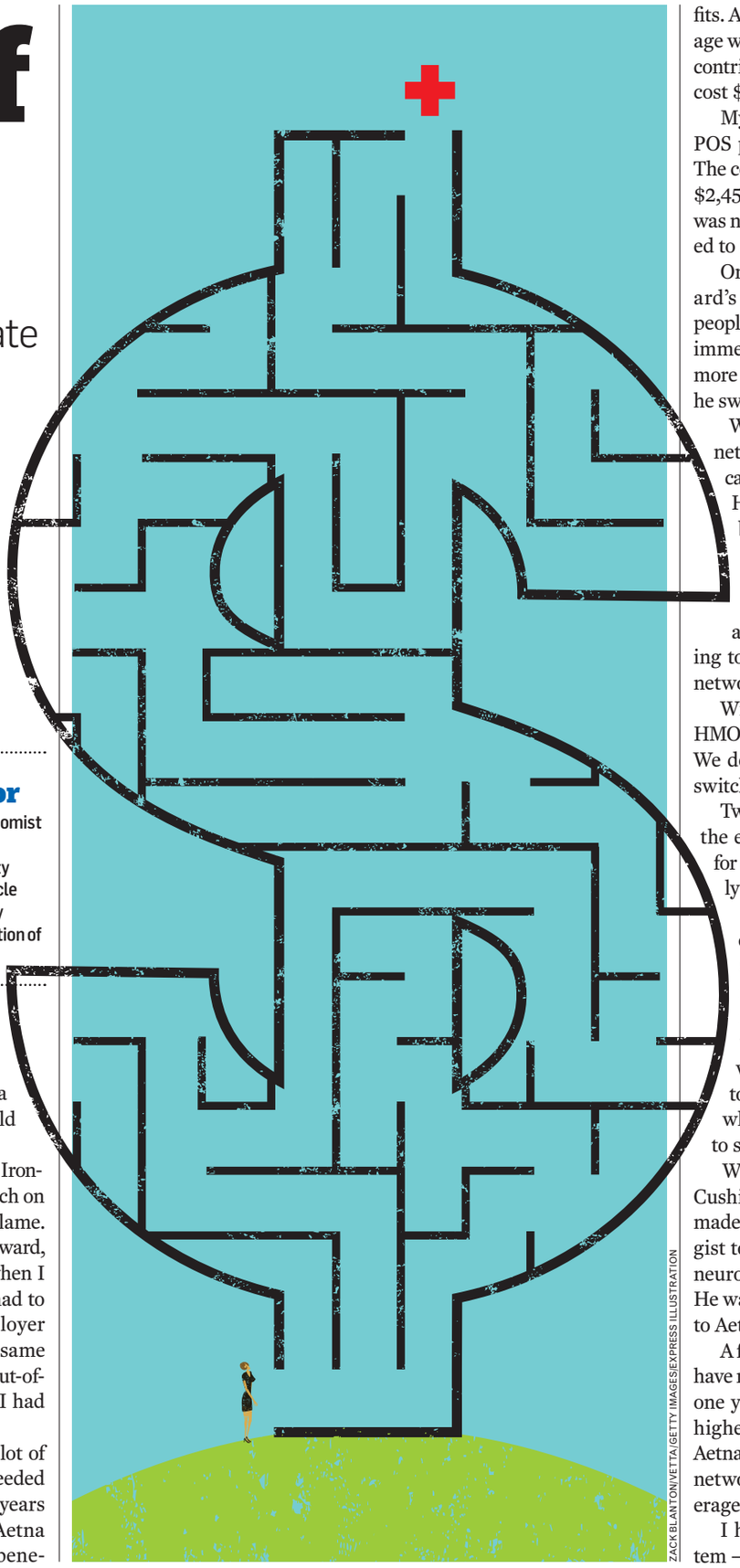
When I found out I might have Cushing's, I mentally had already made my choice. My endocrinologist told me about "this fantastic neurosurgeon we just recruited." He was in-network, so I switched to Aetna's HMO.

A few seconds of thought would have made me realize that, for just one year, I should have paid the higher premiums for the deluxe Aetna plan and gotten both a good network and out-of-network coverage.

I had failed to game the system — to switch insurance just in

About the Author

Dahlia K. Remler is a health economist and professor at Baruch College School of Public Affairs in the City University of New York. This article is adapted from her e-book essay "Impossible Choices: The Education of a Health Economist."



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openenrollment

time for, and just long enough for, expensive treatment.

A few weeks after I signed on for the HMO, the Cushing's diagnosis was confirmed. I needed the surgery.

My husband found the Pituitary Network Association, which said "only 20-25 truly experienced neurosurgeons routinely do these surgeries successfully." The neurosurgeon my endocrinologists had recommended was not on the list.

At this point, my endocrinologist referred me to Bruce. And that was how I ended up on the phone with his assistant, thinking how stupid I'd been.

A few days later, my father, a neurologist, called. "Couldn't a surgeon outside New York be covered?" he said.

I hadn't even thought about that. I called Aetna, whose rep told me that I was eligible to use surgeons anywhere in the country if they were in-network.

I could have my surgery done by an experienced, brand-name surgeon in a brand-name hospital, and the insurer would cover it. And that's what happened.

In the end, I didn't have to face the terrible choice. Today, I have no signs of Cushing's, and I'm still with Aetna's HMO.

Yet the experience changed the health economist inside me. I learned how hard it is, particularly emotionally, to make effective choices. While choice may be great, negotiating through it is daunting and it seems unlikely to remedy what ails our health-care system. DAHLIA K. REMLER (SPECIAL TO THE WASHINGTON POST)

The experience changed the health economist inside me. I learned how hard it is, particularly emotionally, to make effective choices. While choice may be great, negotiating through it is daunting and it seems unlikely to remedy what ails our health-care system.

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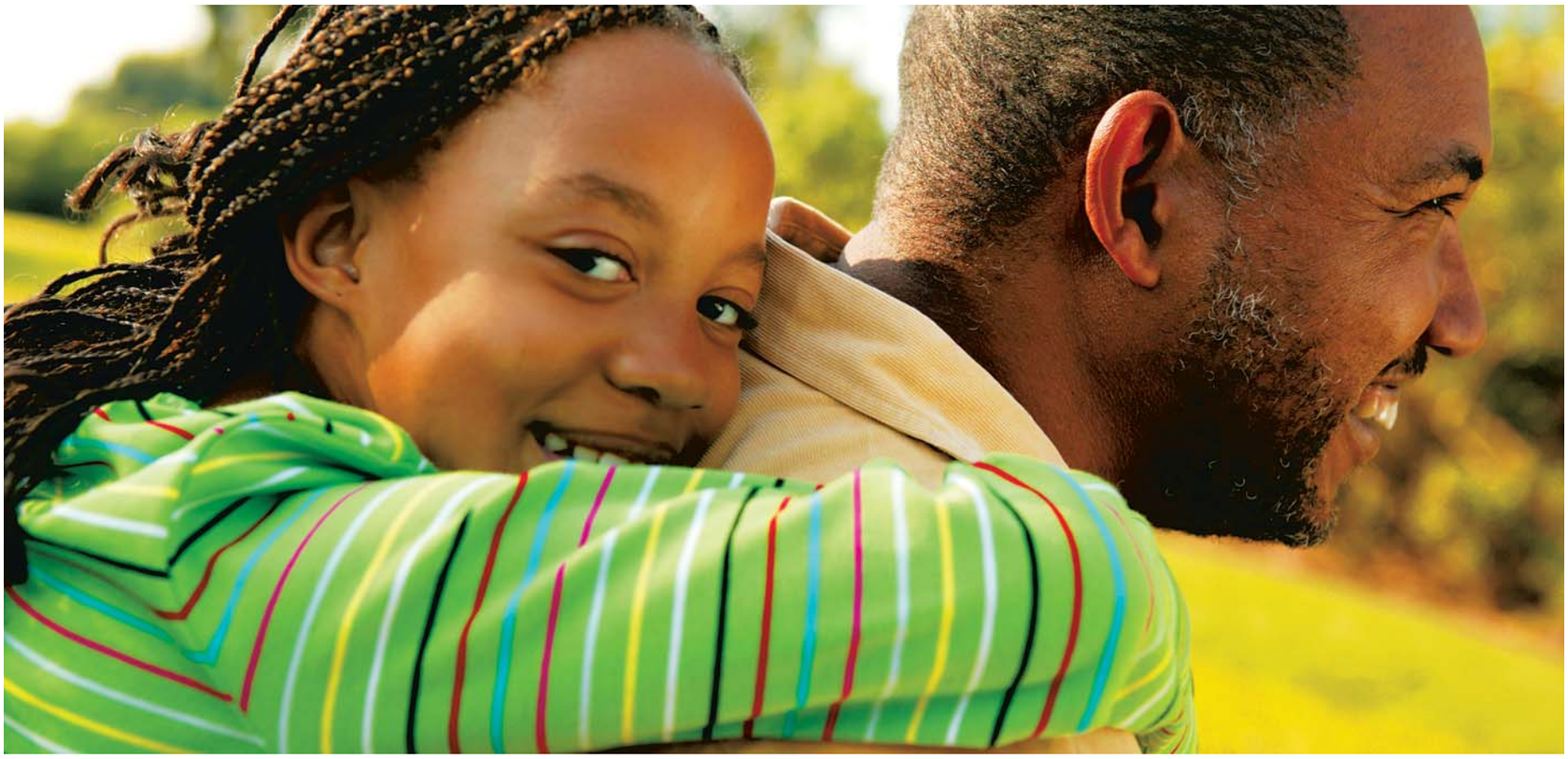

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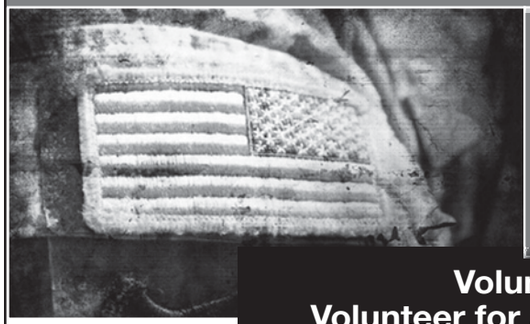

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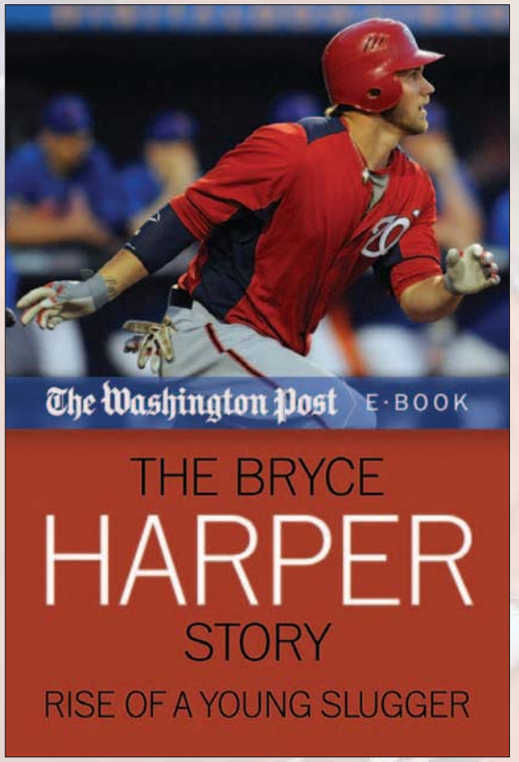

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Guinea Pig | Tater Tops

Mashed potatoes are a traditional part of the Thanksgiving meal, but there's a chance the pilgrims would have preferred to feast on Kettle Brand Bakes potato chips ($3.39, grocery stores). The line — which includes the new cheddar and roasted tomato flavor — has nutritional stats that'll make you thankful. One serving (20 chips) has 120 calories, 3 grams of fat (just 0.5 grams saturated) and enough flavor to help you go cold turkey on the mashed stuff.

See your weekly Gold's Gym Trainer Tip on the next page.

That's Not the Coach Barking

Thank Dog! Bootcamp is tough on humans but still makes room for man's best friend

TRACY A. WOODWARD/THE WASHINGTON POST

Thank Dog! Bootcamp participant Keith Bare does crunches as his dog Titus waits next to him in Arlington's Bluemont Park.

Expect to pick up more than just weights if you enlist in Thank Dog! Bootcamp, a fitness and obedience program that started in October in Arlington's Bluemont Park.

"We clean up our poop. It's one of the rules of class," says personal trainer Karen Krieg, who'd been looking for a way to merge her loves of fitness and dogs. She found her inspiration — and a business idea she thought could take off in the Washington area — while watching Animal Planet's "Dogs 101."

The show highlighted the work of Thank Dog!, which was founded in Burbank, Calif., in 2008 by Jill Bowers and her twin sister. Bowers, a highly regarded dog trainer, had struggled with her weight until committing to a boot camp. She shed 40 pounds but didn't like spending all that time away from her Doberman pinscher. Her mission? Create a boot camp she and her dog could do together.

"Knowing that some people don't have control over their dogs, I also wanted to add obedience. And I wanted to make it fun for humans," says Bowers, who played around with the structure until she settled on the Thank Dog! model. Each hourlong class is divided into 10-minute segments, alternating between cardio drills combined with dog commands and strength-building circuits (performed by just the humans).

Students in L.A. have lapped it up, and as the program has gotten media attention — most recently on an episode of "Dog Whisperer With Cesar Millan" in August — demand has grown in other cities.

A gradual expansion started a year and a half ago, when Thank Dog! was licensed in Toronto. It has since spread to Chicago, Cleveland, Boston and now the Washington area.

Newbies get a personal one-hour training session before their first class to go over the standard commands (heel, sit, down) and learn the directions for humans. Those include keeping the dog to the left of you at all times and not allowing the dogs to get close enough to socialize.

"This way, there are no dogfights," says Krieg, who says focusing on the human-dog relationship throughout class is also important to solidify your bond. "You're spending quality time together, not just walking and talking on the phone."

At their first class, Charlotte Labeau, 25, was beaming with pride over her pug's quick progress.

"I'm shocked. He sits and stays for more than two seconds," she said. "And he'll heel. He's never done that before."

Labeau, with a dozen other humans, was getting a workout jogging and shuffling sideways around the field. They had to be obedient, too, as they followed Krieg's barrage of commands. Getting a dog to sit while you're still jogging? Ruff stuff.

Every 10 minutes, the group returned to home base, where pairs of mats were waiting. Stakes with loops hammered into the ground provided a way to keep the leashed pooches in place so the humans could hold onto weights and resistance bands.

Once the dogs realized they were going to hang out for a while, drink some water and maybe get a treat from Shera Beck (the certified dog trainer who's partnering with Krieg on the local program), they seemed content to wait out the push-ups, sit-ups, biceps curls, squats and other strength exercises.

At the end of the hour, the field was filled with exhausted humans and mellow dogs.

"I'm tired and he's tired. I can tell from the way we're both walking," Dana Mooney, 32, of Cleveland Park said as she and her German shepherd mix headed back to her car.

Even folks who don't have a dog are invited to join in. Thank Dog! in Burbank, Calif., has a "borrow a dog" option, and Krieg is open to that service here — with her own pair of well-behaved pit bulls and, she hopes, possibly with dogs from local rescue organizations.

Working up a sweat just becomes more appealing when a wagging tail is involved. VICKY HALLETT (EXPRESS)

The Paw Plan

Thank Dog! meets at 6:30 p.m. Mondays, Wednesdays and Fridays and at 10 a.m. Saturdays at Bluemont Park (601 N. Manchester St., Arlington). The mandatory hourlong consultation with one class is $65. Future drop-ins are $35, and there are multiclass passes available at a discount. For more information, call 202-670-3645 or email karen@thankdogbootcamp.com. Krieg says Dupont Circle and Montgomery County locations will likely be added. There's also a Thank Dog! iPhone app (99 cents) that'll help you run your own boot camp.

"You're spending quality time together, not just walking and talking on the phone."

— **KAREN KRIEG,** OWNER OF WASHINGTON'S THANK DOG! BOOT CAMP

Meet The Trainer

Anna Hagler

Certified Personal Trainer
Van Ness Gold's Gym

When Anna was in high school, her mother started working with a personal trainer and Anna began training alongside her. It turned out to be a life-altering experience. Anna quickly became stronger and more confident, and had a desire to share her knowledge with others. After watching her college peers struggle to stay in shape, she put science behind her passion and got her personal training certification. For the last three years, she's helped clients make real, sustainable life changes that lead not only to a stronger body, but a better quality of life.

Certifications:

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Trainer Tip of the Week

Indulgence is prominent during the holidays, but proper preparation can ensure that you combat weight gain. Include a morning workout into your routine to provide the boost that your metabolism needs to be in full swing throughout the day. Before cooking your favorite holiday meal, research healthier options that will allow you to eliminate unnecessary calories without decreasing the flavor. Need help? We will be educating our members on some of these recipes throughout the holiday season – stop in and meet with me or another one of our personal trainers!

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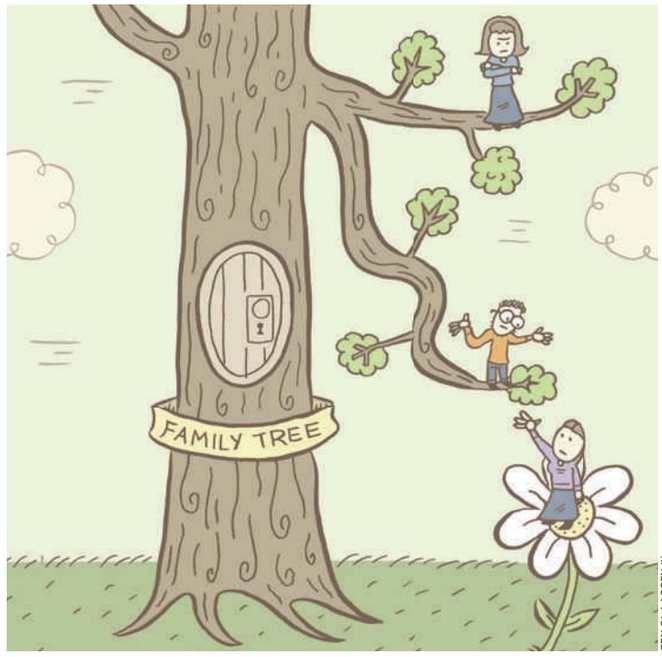

BEN CLAASSEN III

Is It Time to Branch Off?

Q I've been with my fiance for four years. When I first met his parents, I made a bad impression because I was nervous. Four years later, I feel like his mother is still trying to minimize my part in his life. It started with not including me in events that were strictly "family," which I understand. But now it's telling him not to tell me certain information. Should I just end this relationship or talk to her? FRUSTRATED

I'm confused. You're engaged, yes? But you're asking me if you should just throw this relationship away? Sounds like his mom might not be the only problem here.

Fact: She may never respect you. But even more pertinent is what your fiance is willing to do about the situation. You've left a big blank here: Does he stand up for you? Try to improve your relationship with her? Or does he obey her rules even when they diminish you? Does he even mind the conflict? Those are the questions that will most determine if there is hope, though I'm guessing if you're asking me whether you should "just end" this relationship, you might not be feeling too much of it.

There are many things that could be going on here, from long-simmering resentment to his just craving a pat on the back every once in a while. Without knowing what you mean by "lazy," it's hard to determine how serious this is. Is he emotionally tired after what you've both gone through and wants to just "be" for a while? Or is he grasping at straws for reasons not to do the laundry? It wouldn't be atypical for him to worry that he'll always be indebted to you — and that doesn't seem unrealistic. More honest communication can only help the situation.

Sorry, Mr. Fix-It, But You Broke It

Q My husband slept with a co-worker two years ago. He claims it was a one-time thing, and we did a lot of counseling to get through it — although it still bothers me that I had to find out from another co-worker. The problem is, I sometimes notice now that he seems to think he's owed stuff for all the penance he's shown. It's like he wants a free pass to be lazy in this relationship and wants to play the martyr about all the steps he did to repair things. But to me, that was just necessity because of how he screwed up. He does not get brownie points for it. ANNOYED

By Dr. Andrea Bonior

@ Send your questions to Dr. Andrea Bonior at baggage@readexpress.com. Andrea is a local clinical psychologist and author of the book "The Friendship Fix" (Friendshipfix.com).

Event Horizon

Black Ops

If you have any energy left after hitting up Black Friday sales, District CrossFit can fix that. To showcase its new 10,000-square-foot location near Nationals Park (1525 Half St. SW), the facility is hosting free "Burn Off the Turkey" workouts at 5:30 and 6:30 p.m. Friday. Everyone's welcome to come on by — as long as you register ahead of time by calling 202-507-8255 or signing up online at Districtcrossfit.com.

phys ed fit

SARAH L. VOISIN/TWP

Even the big birds warm up before running the 10K Turkey Chase in Bethesda.

Not Just Food On the Menu

This Thanksgiving, feast on a few local fitness activities

You can't eat ALL day. So carve out some time on Thanksgiving to step away from the buffet. The more of these active ideas you manage to squeeze into your schedule, the more you can put on your plate.

On the Run

- The 30th annual **Turkey Chase** (Turkeychase.com) in Bethesda is a time-tested way to kick off the holiday. And it's keeping up with the times — this year, the YMCA fundraiser is striving for green certification. The 10K ($45) starts at 8:30 a.m. at 9401 Old Georgetown Road (followed by a 2-mile walk/run and a 50-meter kids dash).
- Worried your turkey hat will slow you down at the **Trot For Hunger**? Register as an "untimed participant" ($30, Some.org) to showcase your style without hurting your ego. Just remember that many others have bigger problems: The 5K that takes off at 9 a.m. from Freedom Plaza supports So Others Might Eat, which fights homelessness and poverty in D.C. (It's $35 to run timed.)

Around the Bend

- Stretch yourself for a cause: **Tranquil Space** (Tranquilspace.com) is suggesting a $15 donation for its yoga classes Thursday and giving proceeds to So Others Might Eat. Come at 9 and 10:30 a.m. at the Arlington location (3528 Wilson Blvd.), and 9:30, 10:30 and 11 a.m. at the Dupont location (1632 17th St. NW).
- The president gets to pardon a turkey, and you can, too, at the **Have a Heart Vinyasa Flow** class at the Studio DC (2469 18th St. NW, Thestudiodc.com). Donations go to Farm Sanctuary's Adopt a Turkey Project; it's $30 to save a bird. The 75-minute class for all ages and levels starts at 10 a.m.

Any Which Way You Can

- Helping others makes your butt look better. OK, that's not always true, but it is this week at Georgetown's Barre3 (1000 Wisconsin Ave. NW, Barre3.com/georgetown), which is holding a canned food drive. Three cans equals one free class, through Sunday. And there's a class at 10 a.m. Thursday if you're looking to shake before you bake.
- Bring a can to the newly opened **Washington Harbour Ice Rink** (3000 K St. NW; Thewashingtonharbour.com/skating) for a free skate rental ($5 value) Thursday. You'll still have to pay admission ($9 for adults, $7 for kids, seniors and military). VICKY HALLETT (EXPRESS)

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AFRICAN STUDY

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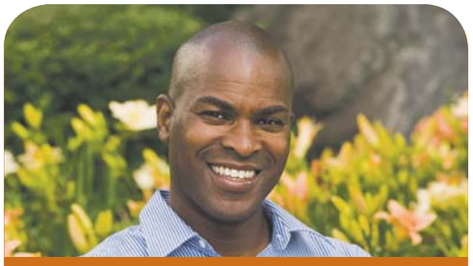

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fit nutrition

Be Healthy in Hunger Fight

Make a difference with the foods you choose to donate

It's the season for giving — but not the cream of processed junk hiding at the back of your pantry.

"Think about what's in your favorite vegetarian stew and give those ingredients. That's a mindset we'd like to support," says Jodi Balis, dietitian at the Capital Area Food Bank. It's one of a dozen food banks across the country participating in "Healthy Options, Healthy Meals," a partnership between MAZON: A Jewish Response to Hunger and Kaiser Permanente to ensure a focus on nutrition.

Funding this project is part of a broader strategy to promote healthy eating, says Loel Solomon, Kaiser's vice president for community health. When the least-healthy food options are the cheapest, people with the least amount of money are put in a difficult position, he says.

Organizations such as the Capital Area Food Bank are dealing with the dual problems of hunger and diet-related illnesses. Balis says they're not fulfilling their mission if they're feeding people yet exacerbating diabetes and heart disease.

"Healthy Options, Healthy Meals" has helped food banks share ideas, formalize commitments to nutrition and identify healthy foods and provide more of it.

Healthy Dozen

These are donation suggestions from the Capital Area Food Bank to help families in need create nutritious meals:

- Canned peaches
- Natural applesauce
- Canned spinach (no added salt)
- Oats
- Brown rice
- Black beans
- Canned salmon
- Olive oil
- Canned tomatoes
- Natural peanut butter
- Low-fat yogurt
- Ground turkey

"We've traditionally measured our success in pounds [of food distributed]. That tells us something, but not nutritional quality," Balis says. "How many dark green vegetables is that?"

Capital Area Food Bank now has a formal definition of what constitutes healthy foods. For example: "Canned fruits should be packed in natural juices, and canned vegetables should have no added salt."

Although food banks started as a source of emergency food, they've become a part of how communities eat regularly, says MAZON's Marla Feldman. And that means they have to think about the long-term future of the people they serve.

"A calorie is not just a calorie," she says. VICKY HALLETT (EXPRESS)

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lookout

Life of the Party
Justin Bieber had an eventful American Music Awards 37

Sound Bets

PARRISH LEWIS/IFC

'Closet' Case

When we left R. Kelly's sprawling, 22-chapter hip-hopera, "Trapped in the Closet," it was 2007. Main man Sylvester (Kelly) and a dozen other shady characters were tracking a "package" (possibly a metaphorical one, slang for HIV) through a convoluted love dodecahedron. In real life, Kelly was awaiting trial on seven counts of soliciting a minor and taping it, aka producing child pornography. (He also allegedly peed on her.)

By Shauna Miller

Kelly's stream-of-consciousness opus was a glorious train wreck. The series won two Grammy noms and brought him new, young fans. And he was ultimately found not guilty of the child porn/peeing thing.

When IFC premieres new chapters of "Trapped" on Friday, I will watch. (I will also bounce, bounce to "Ignition" like it's the freakin' weekend when it comes on.) This is because I want to see what comes out of that strange brain next. I also apparently put on creeper blinders for Roman Polanski, but not Chris Brown. I am deeply conflicted by my subjective internal grossness meter.

An intro as I take over Sound Bets: I'm senior arts editor at Express, and I've been a writer in D.C. for 10 years. I love our scene and music that's fast and loud. Looking forward to your feedback.

@ Connect to Shauna on Twitter at **@Shaunajmiller**.

TWENTIETH CENTURY FOX FILM CORPORATION

In "Life of Pi," the title character (Suraj Sharma) drifts at sea on a tiny lifeboat with a tiger, zebra, hyena and orangutan in tow.

Uncharted Waters

Putting 'Life of Pi' on the big screen gave director Ang Lee a new set of challenges

Film

"Life of Pi," Yann Martel's 2001 best-seller about a teenage boy drifting at sea in a tiny lifeboat alongside a tiger, zebra, hyena and orangutan, is an inherently challenging novel to adapt for the big screen. It requires its director to mimic the experience of floating, post-shipwreck, on the vast Pacific Ocean and to tell a story steeped in internal psychological struggle. Then there's the matter of dealing with two things most filmmakers are cautioned to avoid: young actors and potentially untameable animals.

None of this was too daunting for filmmaker Ang Lee, the soft-spoken Academy Award winner responsible for the elegant reserve of "Brokeback Mountain" and "Crouching Tiger, Hidden Dragon." After signing on to the project in 2009, Lee even added extra challenges to the adaptation process, opting to shoot the film in 3-D with an unknown (newbie thespian Suraj Sharma) as his protagonist. (The film opens in local theaters Tuesday at midnight.)

At this point, it's worth noting that Sharma — who, as Pi, lives for an extended period of time on the open water — had no idea how to swim when filming started.

"There's one minute alone, underwater, where he has to hold his breath for at least a minute and a half," Lee says. "And I tested him and it was only 15 seconds."

The director laughs about this now, noting that Sharma is "physically very agile" and was a quick study in the art of treading water. (For the record, the 19-year-old can now swim just fine.) Lee gets more serious when discussing the other issues he confronted; for example, his adjustment to 3-D — a medium in which the director had never worked until "Life of Pi."

> **"Three years back, I didn't know what [3-D] was. And as I got into it, I found this is truly a new cinematic language."**

"Three years back, I didn't know what it was," he says. "And as I got into it, I found this is truly a new cinematic language. It's confusing because we're not used to it."

If Lee was confused, it doesn't show onscreen. Like other acclaimed directors who have recently taken the multidimensional cinematic approach — Martin Scorsese and Ridley Scott among them — Lee's use of 3-D comes across less as a gimmick and more of an organic element, one that effectively emphasizes the sudden horrors of Pi's increasingly dangerous situation.

It's also a medium Lee hopes to explore again.

"I am curious to find out what it really is, to find new film languages," he says of 3-D. With "2-D, everyone knows everything."

JEN CHANEY (THE WASHINGTON POST)

Backstory

A Boy, A Boat And a Tiger

In order to put "Life of Pi" star Suraj Sharma into a boat alongside a Bengal tiger, director Ang Lee combined real animal footage, CGI and scenes shot in a huge water tank in front of a green screen. The result is that the starving, desperate Pi and the ferocious predator from his family zoo really do seem to come in close physical contact as they spar over personal space. (TWP)

Lincoln's Legacy: Steven Spielberg expressed humility Monday as he delivered the keynote address during ceremonies to mark the 149th anniversary of Abraham Lincoln's "Gettysburg Address." "I've never stood anyplace on earth where it's easier to be humbled than here," Spielberg said at the Soldier's National Cemetery in Gettysburg, Pa. The "Lincoln" director called the "Address" the "most perfect prose poem ever penned by an American." (AP)

lookout entertainment

top stops

CHRIS BENNION PHOTO

1 Split Personality

The only thing scarier than "Jekyll and Hyde," the spooky pop musical version of Robert Louis Stevenson's novella, is that "American Idol" hunk Constantine Maroulis is apparently a bona fide Broadway star now. The music, which was fairly standard pop before, has apparently been "remarkably reinterpreted" for its new star. We're terrified. ***Kennedy Center, 2700 F St. NW; through Nov. 25, $25-$115; 202-467-4600, Kennedy-center.org. (Foggy Bottom)***

2 Radiation Did Not Make Her the Hulk

In honor of what would have been scientist and radium discoverer Marie Sklodowska-Curie's 145th birthday if she were immortal or possessed the Ring of Power, the Library of Congress will stage a reading of a play about her life. This is the first stateside presentation of "The Radiant Love of Maria S.C." (ba-dum-CH!), which was written in Macedonia. ***Library of Congress, Mary Pickford Theater, 101 Independence Ave. SE; Tue., noon, free; Loc.gov. (Capitol South)***

3 Like a Rolling Stone

How can you not like Bob Dylan? That's like not liking Hulk Hogan. Like the Hulk, Dylan brought an outsider art form (folk-rock protest music) to the masses and forever changed its history. Sure, there're phases of Dylan one could take or leave. But he's still a master. And, thanks to the 2007 film "I'm Not There," you can just picture Cate Blanchett as Dylan instead. ***Verizon Center, 601 F St. NW; Tue., 7:30 p.m., $50- $129.50; 202-628-3200, Verizoncenter.com. (Gallery Place)***

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lookout

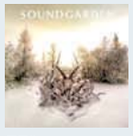
MICHAEL LAVINE

Soundgarden, led by Chris Cornell, right, reunites for its first album in 15 years.

Rock Out Like It's Still 1999

Album Review

It's likely that 2012 will go down as the Year the Band Got Back Together, if not always with spectacular results. "King Animal" is the first album from Soundgarden since the Seattle alt-rock group broke up 15 years ago and, incredibly, only the sixth proper release in its existence.



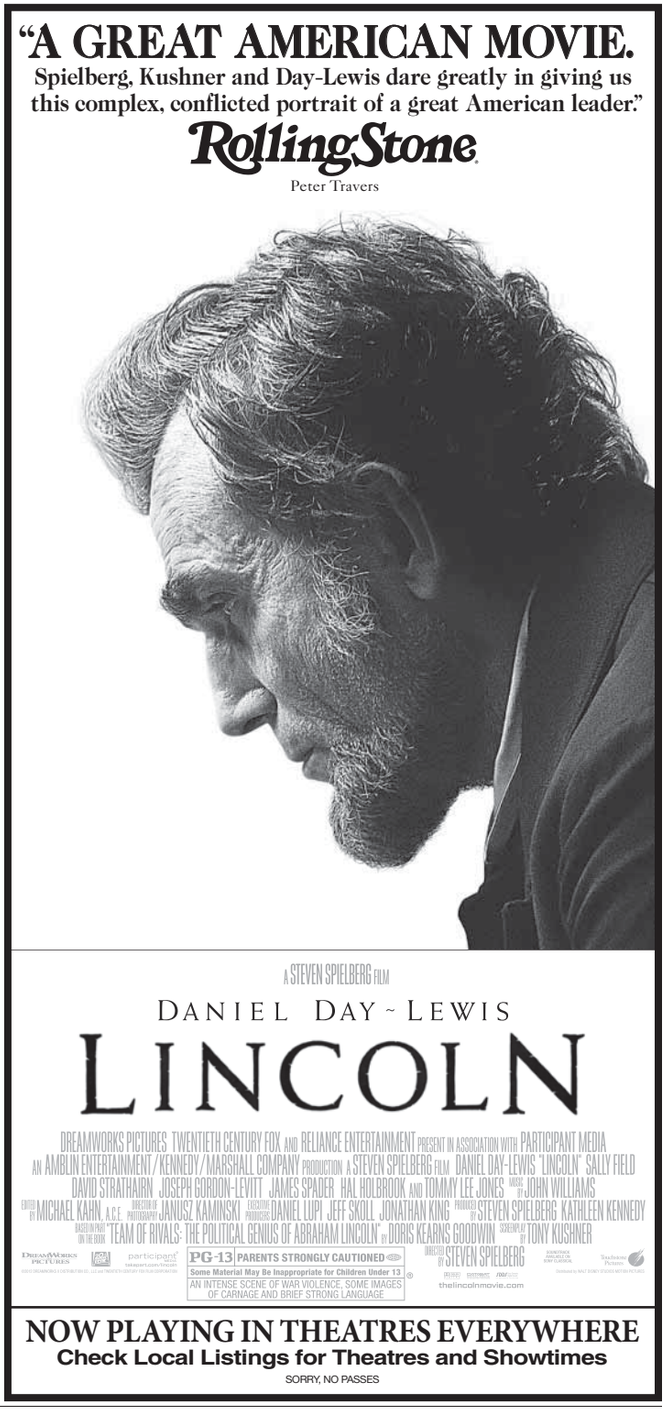
King Animal
Soundgarden

It's the best and rarest kind of reunion disc, one in which members of a band's classic lineup make an album that sounds like a version of the albums they made before, without wallowing in nostalgia or bringing in contemporary touches.

A glowering compound of the band's per-usual lite punk, hard rock and heavy folk, "King Animal" picks at the remains of mid-and-later-period Soundgarden classics: The bone-rattling opener "Been Away Too Long" and the vaguely political "Non-State Actor" ("You are the tank and rockets/ I am the bomb," sings Chris Cornell) might have shown up on 1994 breakthrough "Superunknown"; "Bones of Birds" recalls a gentler, trippier, even more rueful "Black Hole Sun."

This isn't merely the year's least-embarrassing reunion disc — it's the best Soundgarden album of 1999.

ALLISON STEWART (THE WASHINGTON POST)



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lookout TV tonight

Best Bets

FOX 9:00

New Girl Jess invites her divorced mom and dad (guest stars Jamie Lee Curtis, left, and Rob Reiner, right) to Thanksgiving dinner, where she hopes to spring a "parent trap" on them with help from Nick and Cece. Winston pushes Schmidt to prove his manhood against his cousin, Big Schmidt (guest star Rob Riggle).

ABC 9:01

Happy Endings When the gang gathers at Alex and Dave's new place for Thanksgiving, Dave is eager to share his Navajo heritage. Then Max locates a copy of the lost season of "The Real World" on which he and Brad (Damon Wayans Jr., left) appeared, and everyone sits down to watch.

FOX 9:30

The Mindy Project Mindy arrives at Gwen's to make Thanksgiving dinner and is startled to discover Andy (guest star Ed Helms), with whom she once went on a blind date, there with a new girlfriend.

NBC 10:01

Parenthood While continuing to adjust to married life, Crosby and Jasmine work together on an event for Jabbar's school. Amber and Ryan go on a spontaneous road trip, where she learns more about his past. Adam and Kristina plan a sleepover for Max. (TRIBUNE MEDIA)

Man Behind the Music

'American Masters' explores Geffen's vast influence on culture

Documentary

PBS 8:00

As a young agent and manager, David Geffen became central to the careers of musicians who defined a generation. Their names include Joni Mitchell; Crosby, Stills, Nash and Young; Jackson Browne; the Eagles; and many more. While not much older than his clients, Geffen acted as the grown-up, making deals and allowing them to grow as artists.

He was the sober one during a drug-filled period. Had Geffen's career ended in 1975, he'd still be remembered as a giant of 20th-century popular music. But as "American Masters: Inventing David Geffen" chronicles, he went on to produce movies, dabble in Broadway, return to the music industry to record John Lennon shortly before his murder and spend some time in the doldrums — all before nurturing a new generation of bands, including Guns N' Roses and Nirvana.

You don't have time to catch your breath before he emerges as a giant of AIDS research and philanthropy, co-founds DreamWorks, the first new major Hollywood studio in more than half a century, and then becomes an essential backer and adviser to President Bill Clinton.

Toward the end of "Geffen," actor Tom Hanks compares its subject to the early moguls who founded Hollywood. And in the context of this documentary, that almost seems like an understatement.

KEVIN MCDONOUGH (UNIVERSAL UCLICK)

COURTESY OF JOEL BERNSTEIN

David Geffen, above, circa 1972, is a titan of the music, film and Broadway industries.

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Blog Log

MOHAMMED ABED/AFP/GETTY IMAGES

"Whether you view it as the ultimate display of trolling ... or simply a ridiculously entertaining performance, you need to see it at least once to believe it."

—ARTISTICMANIFESTO.COM could barely believe that the mashup between PSY's "Gangnam Style" and MC Hammer's "2 Legit 2 Quit" actually happened on the American Music Awards on Sunday night.

"Say what you will about Google, but there is something incredible about a company that once in a while does something just because it's a cool thing to do."

—UTAHSAINT.COM was impressed that the search engine giant created a version of Gmail in the Cherokee language, even though there are fewer than 20,000 speakers of it on earth.

"Rebecca Black please come back, all is forgiven!!"

— Commenter HolyWhisp at YOUTUBE.COM reacts to the video for 12-year-old Nicole Westbrook's "Thanksgiving," which resembles Black's "Friday."

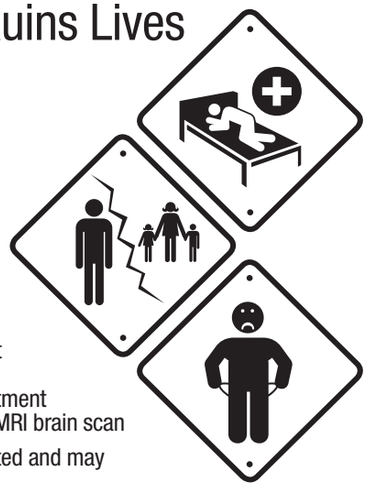
"Bobby Moynihan busted out his always terrific Guy Fieri for SNL this weekend, but for some tragic reason the 'Weekend Update' segment didn't make it past dress rehearsal. If it had, it would have been the highlight of the episode."

— Margaret Lyons at VULTURE.COM can't understand why the sketch parodying the scathing New York Times review of the Guy Fieri restaurant Guy's American Kitchen and Bar was cut from the show.

"What war has become to most Americans: A live feed night shot of a faraway city's buildings being blasted by missiles and bombs."

—@DAVESTROUP remarks on footage showing constantly on news networks of the battles in the Gaza Strip.

WARNING: Alcohol Ruins Lives



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puzzles lookout

Horoscope

SCORPIO (Oct. 23-Nov. 21) You can learn a great deal about yourself by listening to what others have to say. The mirror can tell you only so much!

SAGITTARIUS (Nov. 22-Dec. 21) You can save money, but you're going to have to spend a little where you least expect it. Economic concerns may remain unchanged.

CAPRICORN (Dec. 22-Jan. 19) You'll want to ease a tense situation as soon as you become aware of it. Don't wait until tomorrow, for it will be too late.

AQUARIUS (Jan. 20-Feb. 18) You'll have to sort through a great deal of information before you find the pieces essential to a current project.

PISCES (Feb. 19-March 20) The more careful your approach to a personal problem, the more likely you will solve it to the satisfaction of all who are involved.

ARIES (March 21-April 19) You'll hear many stories that leave you wondering if you've been neglecting an option that had never really seemed viable to you.

TAURUS (April 20-May 20) Are you ready and willing to let a friend off the hook in some way, today? It's time for you to forgive and forget, surely!

GEMINI (May 21-June 20) You are unaware just how easy it is for those around you to assist you once you ask for help. Ask before it's too late!

CANCER (June 21-July 22) You must be aware of what goes on around you if you want to avoid the associated risks. Ignorance is surely not bliss!

LEO (July 23-Aug. 22) You will want to act without being asked to do so. Taking the initiative will give you the advantage in many situations.

VIRGO (Aug. 23-Sept. 22) You may be looking at a puzzle from the wrong perspective today, and the result is that you can't discern where to begin piecing it together.

LIBRA (Sept. 23-Oct. 22) You may feel threatened by someone who is not intentionally standing in your way. See if you can add a little humor in solving the situation.

PostPoints DAILY CODE T W

Scrabble Grams

PAR SCORE 145-155, BEST SCORE 232

								RACK 1
E1	O1	N1	L1	G2	R1	V4	3rd Letter Double	
								RACK 2
A1	E1	O1	T1	S1	M3	R1		
								RACK 3
E1	O1	U1	J8	R1	C3	N1	Triple Word Score	
								RACK 4
A1	E1	O1	N1	R1	P3	P3		

Yesterday's Solution

C3	O1	N1	V4	O1	K5	E1	RACK 1 =	98
T1	A1	N1	N1	E1	R1	Y4	RACK 2 =	60
P3	A1	P3	O1	O1	S1	E1	RACK 3 =	61
U1	N1	G2	L1	U1	E1		RACK 4 =	9
PAR SCORE 140-150							TOTAL	228

FOUR RACK TOTAL _____

Make a 2-7 letter word from the letters in each row. Add points of each word using scoring directions at right. Seven-letter words get a 50-point bonus. Blank tiles used as any letter have no point value. Scrabble is a trademark of Hasbro in the U.S. and Canada.

Sudoku

DIFFICULT

		6	8	5	2			9
	8	2	1			5		
		3		6			8	
	2			4	9	6	7	
9		8	6		1	4		3
	5	4	7	3			2	
	3			7		2		
		9			5	8	6	
1			2	8	4	3		

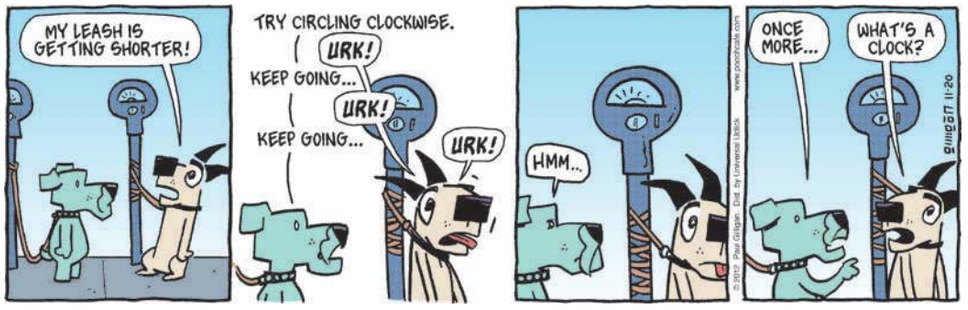
Yesterday's Solution

7	1	9	2	6	8	3	5	4
8	6	2	4	5	3	7	9	1
3	5	4	1	7	9	6	2	8
5	9	8	3	4	6	2	1	7
4	7	6	5	1	2	9	8	3
1	2	3	9	8	7	4	6	5
2	3	1	7	9	5	8	4	6
9	8	5	6	3	4	1	7	2
6	4	7	8	2	1	5	3	9

Need more Sudoku? Find another puzzle in the Comics section of The Post every Sunday and in the Style section Monday through Saturday.

Comics

POOCH CAFE | PAUL GILLIGAN



PEARLS BEFORE SWINE | STEPHAN PASTIS

Forecast

55 | 41

Today: Morning clouds, then partly sunny. Mostly cloudy tonight.

57 | 40

Tomorrow: Mostly sunny tomorrow. Mainly clear tomorrow night.

Looking Ahead

THU	FRI	SAT
57 | 36	61 | 39	49 | 35

Sun and Moon
Sunrise today: 6:57 a.m.
Sunset today: 4:51 p.m.
Moonrise today: 12:31 p.m.
Moonset today: none

Almanac
Normal high: 57
Record high: 77
Normal low: 40
Record low: 18

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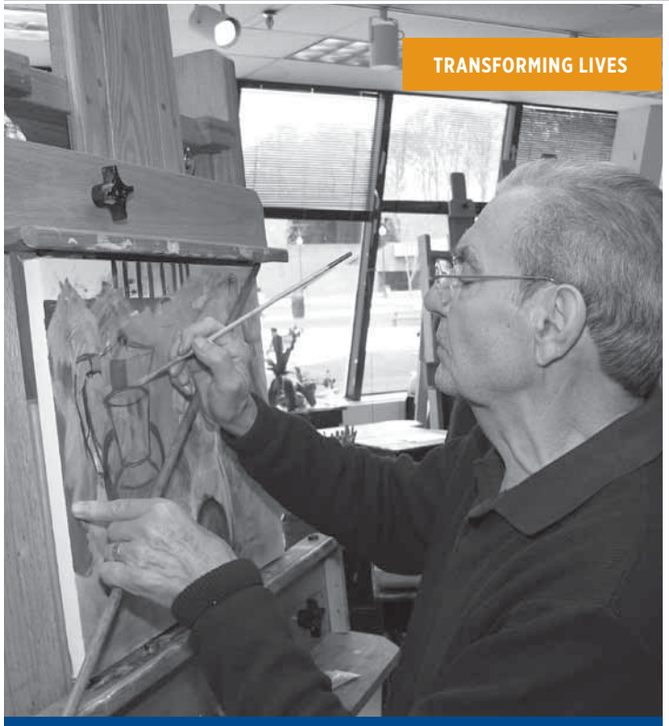

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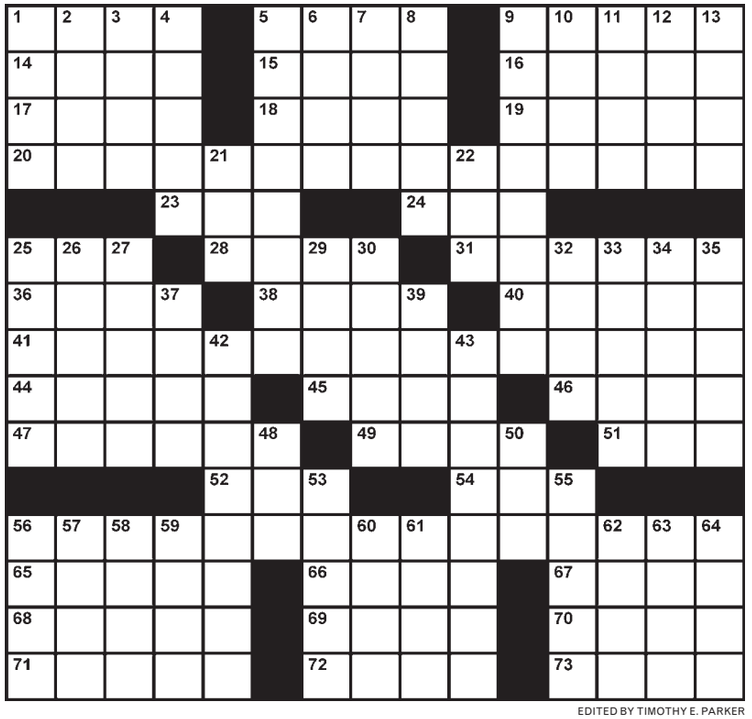
lookout puzzles

Crossword

SWEET SOMETHINGS



EDITED BY TIMOTHY E. PARKER

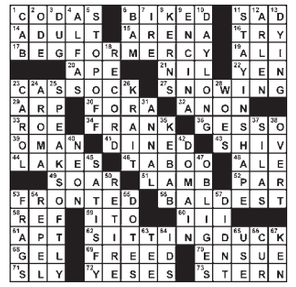
ACROSS

1 Fathers' garments
5 Fixes, as a carnival game
9 Places for crow's-nests
14 Hanger material
15 Polish a Time piece?
16 Worship
17 Word before "singer" or "guitar"
18 Highly rated
19 Eyelashes
20 Place that makes sweet stuff?
23 Little bit of liquor
24 "Pardon ___ dust" (renovation sign)
25 ___ du Flambeau, Wis.
28 Pass out cards
31 Overturn, as a government
36 "It's a pity!"
38 Feverish chill
40 Doesn't just want
41 Some Steinways
44 Acid in proteins
45 Extreme anger
46 Gift wrapper's roll
47 Sgt. or cpl.
49 Pirates rivals
51 Hardly too strict
52 Hoover, for one
54 Bill stamp
56 It has fragrant, tubular flowers
65 Place to call home
66 "The ___ Ranger"
67 Grasp
68 Cheese choice
69 Lightly burn
70 Ho-ho-ho time
71 Mexican mister
72 Emulates kangaroos
73 Without much fat

DOWN

1 Punch tools
2 In ___ of (replacing)
3 Boast
4 Passenger vehicle
5 Come into view again
6 Object of pagan worship
7 Lollobrigida or Gershon
8 "Mad Men" extra
9 It's often paired with cheese
10 Mine access
11 Recital numbers
12 Group of three
13 Hollywood's Penn
21 Get ___ of (eliminate)
22 "The boy king"
25 With whom Jacob contracted to marry Rachel
26 Famous San Antonio mission
27 Log home
29 Jelly for germs
30 Word before "module" or "landscape"
32 It's in the bog
33 Like some colonies or codes
34 Parkinson's disease drug
35 County abutting London
37 Out of ___ (not harmonizing)
39 Upper hand
42 Big name in tires
43 Street vendors, e.g.
48 Kettle and Joad
50 Take action against
53 Landscaper's covering
55 Anti-knock fuel
56 Witches
57 Pastoral woodwind
58 Thing in grammar class
59 Taro corm
60 Small salmon
61 Word attached to "sack"
62 No gentleman, he
63 First name in jazz legends
64 Garden of the Bible

Yesterday's Solution



Today in History

1620 Peregrine White, the first child born of English parents in present-day New England, is born aboard the Mayflower in Massachusetts Bay.

1789 New Jersey becomes the first state to ratify the Bill of Rights.

1947 Britain's future queen, Princess Elizabeth, marries the Duke of Edinburgh, Philip Mountbatten.

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people lookout

BAD CAREER MOVES

And Now No One Will Write About Your Movie Without Mentioning Your Affair

Kristen Stewart will return in the sequel to "Snow White and the Huntsman," Radaronline.com reported. Rupert Sanders, director of the first film, will not return; he and Stewart were caught kissing earlier this year. Stewart "just hopes that the fallout over her relationship with Rupert doesn't hurt her career," said an unnamed source. (EXPRESS)

WONDERS

A Celebrity Who's Not On Community Service Picks Up Trash in L.A.?!

Russell Brand did not run into a homeless man's shopping cart in Hollywood, he tells TMZ.com. Brand was spotted last week picking up trash and bottles after apparently knocking over the cart with his Range Rover. Brand says that wasn't the case: He was driving by, saw the mess and decided to help clean up. (EXPRESS)

GETTY IMAGES

It's impossible to tell where the facial hair ends and the head hair begins.

Victims

'That Baby Was Ogling My Boobs!'

Kendra Wilkinson tells TMZ.com that she was repulsed by Kelsey Grammer's behavior at a recent Playboy mansion event. Grammer brought his 3-month-old daughter, Faith, because he couldn't find a baby sitter. Wilkinson says she left the party in disgust. "Oh, he KNOWS how I feel, trust me," she said. "I gave him that eye." (EXPRESS)

MATT SAYLES/INVISION/AP

Justin was freaking out. He was a year overdue for his cootie shot!

MATURE WOMEN

'Geez, Mom! Wait ... Jenny?'

Justin Bieber took his mom, Pattie Mallette, to the American Music Awards, at which he won three trophies Sunday. "This is for all the haters who thought maybe I was just here for one or two years," he said on accepting the first award. Also that evening, Bieber was showered with kisses and groped onstage by Jenny McCarthy, who was a presenter. "I did grab his butt," McCarthy admitted. (EXPRESS)

A PLAGUE

L.A. Leads Nation in Bad Accountants Per Capita

Nicolas Cage has paid off another tax lien, TMZ.com reported. Cage's payment of $624,934 covers some gifts he did not report between 2004 and 2009. In April, he paid off another lien for $6 million in federal income tax from 2007. He has about $6 million more to go to cover what he owes for 2002 through 2004. (EXPRESS)

"I would have preferred waterboarding. I don't like heart-to-heart talks with anyone, but Clay Aiken?"

—PENN JILLETTE TELLS SALON.COM ABOUT HIS EXPERIENCES ON "CELEBRITY APPRENTICE" EARLIER THIS YEAR. THAT'S NOT VERY NICE TO CLAY AIKEN, IS IT?

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